



**Need
Help
Buying
Food?**



Food stamp benefits can help you and your family.

- You may qualify for food stamp benefits even if you work full time.
- You can buy food at any supermarket, grocery store, or certified farmers' market that accepts the Electronic Benefits Transfer (EBT) system.
- No one in your household will ever have to pay back food stamp benefits that they were qualified to receive.

How much will I receive in food stamp benefits each month?

- The amount you get depends on your income, expenses, and family size.
- Most families who receive food stamp benefits get over \$100 per month.

How long will it take to get benefits?

- You will get your benefits within 30 days, in most cases.
- You can get food stamp benefits in three days if your income, in the month you apply, is less than \$150 and you have less than \$100 in cash. **Be sure to ask about this service when you apply.**

How much money can I have and still get food stamp benefits?

- You can earn income from a job, unemployment, General Assistance/Relief, or other cash assistance.
- People who get Supplemental Security Income (SSI) are not eligible for food stamp benefits.
- See the Food Stamp Income and Eligibility Limits Insert to see if you qualify for food stamp benefits.

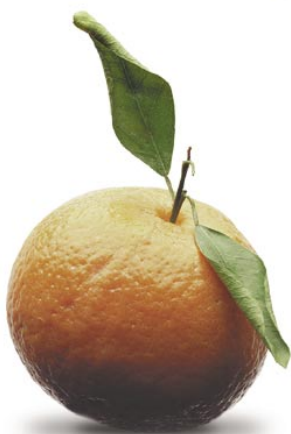
What about things I own?

- You can have up to \$2,000 in the bank or other assets and still get food stamp benefits. Families with seniors or people with disabilities can have up to \$3,000 in assets.
- Your house and your personal belongings like furniture do not count toward this limit.
- You do not have to spend down all your savings to \$0 before getting food stamp benefits.
- Households can own cars and still qualify for food stamp benefits.



I am an immigrant. Can my children and I apply for food stamp benefits?

- Legal immigrants are welcome to apply for food stamp benefits.
- All children who are born in the United States can get food stamp benefits no matter where their parents are from.
- Food stamp benefits are SAFE. Receiving food stamp benefits for you or your children will not affect your family's immigration status.
- Any information you give is used only to decide if you are eligible for food stamp benefits. It will never be shared with Immigration officials.



What do I need to bring when I apply?

- Identification (like a driver's license)
- Proof of income (pay stubs or benefit check)
- Proof of where you live (if you have an address)
- Rent receipt or house payment (if you pay for housing)
- Utility bills (if you pay for your utilities)
- Bank statements (if you have a bank account)
- Receipt for child care costs (if you pay for child care)
- Social security numbers – only for applicants
- Proof of immigration status – only for applicants

You will have your fingerprints taken when you apply for food stamp benefits. Your fingerprints will be used only to see if you already get food stamp benefits. Your fingerprints will not be shared with any other agency.



The Golden State Advantage Card.

- The Food Stamp Program has changed from food stamp coupons to the Advantage Card Electronic Benefits Transfer (EBT) system.
- People who qualify for food stamp benefits will receive a plastic card instead of monthly food stamp coupons.
- You will be able to buy food with this card from any approved grocery store or farmers' market.
- The card works like an ATM card. Swipe your card in the device at the checkout stand and enter your Personal Identification Number (PIN). The amount you spend will be subtracted from your Food Stamp Account.



It is fast and simple.



Eat at least 5 servings of fruits and vegetables every day and be active for better health!

- Food stamp benefits will stretch your food dollar. You can buy more fruits, vegetables, and other healthy food for the whole family when you receive food stamp benefits.
- You can stay well by eating more fruits and vegetables everyday:
 - Eat fruit or drink 100% fruit juice for breakfast
 - Eat fruits and vegetables as a snack
 - Buy fresh, frozen, canned, and dried fruits and vegetables when you go to the store
 - Put fruits and vegetables in easy reach where you will see them.

For more tips on healthy eating visit the 5 a Day website at www.ca5aday.com.

To find out if you can get food stamp benefits call or visit your county Food Stamp office today!





Arnold Schwarzenegger, Governor
State of California

Kimberly Belshé, Secretary
Health and Human Services Agency

Sandra Shewry, Director
Department of Health Services

Funded by the U.S. Department of
Agriculture Food Stamp Program, an
equal opportunity provider and employer,
through the *California Nutrition Network*.



Apply for food stamp benefits today at:



Need Help Buying Food?

2004-05 Food Stamp Income & Eligibility Limits Insert

Effective October 1, 2004 –September 30, 2005

Monthly income limits

| People in Household | Gross Monthly Income* | Net Monthly Income* |
|---------------------|-----------------------|---------------------|
| 1 | \$1,009 | \$776 |
| 2 | \$1,354 | \$1,041 |
| 3 | \$1,698 | \$1,306 |
| 4 | \$2,043 | \$1,571 |
| 5 | \$2,387 | \$1,836 |
| 6 | \$2,732 | \$2,101 |
| 7 | \$3,076 | \$2,336 |

**Some larger households will get a higher deduction. Amounts are higher in Alaska and Hawaii. People who receive SSI in California are not eligible.*

Maximum monthly allotments

| People in Household | Maximum Monthly Allotment* |
|---------------------|----------------------------|
| 1 | \$149 |
| 2 | \$274 |
| 3 | \$393 |
| 4 | \$499 |
| 5 | \$592 |
| 6 | \$711 |
| 7 | \$786 |

**Amounts are higher in Alaska and Hawaii.*